

The Hickman Courier

Vol. 154 • No. 12

Thursday, March 21, 2013

75¢



FRIENDS HAVING FUN IN THE SUN - On Friday, March 15, Fulton County Elementary students spent some much appreciated time outside in the sun as the temperature peaked at 75.7 degrees. (Above) On the slide together were (l to r) Que Ross, Jahamal Cheirs, Jackson Major, Hannah Varden, Guadalupe Barrientos, and Destiny Burnes. (At right) Arm-in-arm were Allie Grace Jones, Hannah Murphy, Tyarriah Freeman, and SaMarya Newberry. The first official day of Spring was Wednesday, March 20, with temperatures predicted to be in the 50s later this week.. (Photos by Charlotte Smith.)

C&A enters not guilty plea

On Tuesday, March 12, C&A owner, Chris Smith was in court defending a citation his business manager Craig McManus received in violation of a new ordinance passed by the Hickman City Commission in January 2013.

Commissioners voted to scale back hours of operation at establishments, which serve alcohol in order to curb late night incidents that could be potentially hazardous to local police personnel. The ordinance passed unanimously cutting the hours of operation by two. Instead of closing at 3 a.m. they were asked to close at 1 a.m.

Early Saturday morning, Feb. 2, C&A Bar and Grill was cited for being in violation of the new ordinance.

Since that weekend, the bar and grill has complied with the ordinance.

Last Tuesday, Smith's manager McManus entered a not guilty plea of the local city ordinance. He will be back in court on Tuesday, April 30.

After appearing in district court Smith shared the following information with The Hickman Courier:

"I attended court in Fulton County on Tuesday, March 12, 2013. I received some very valuable information from Judge Hunter Whitesell II. I realized that my constitutional rights have been violated with the citation in regards to the city ordinance. The city of

Hickman is trying to fine C&A Bar and Grill for cleaning up after hours and preparing my business operation for the next day. I agree that C&A should close earlier than three o'clock but I feel the punishment is too severe to close at one o'clock.



I have been trying to schedule an appointment with the mayor, city commissioners, and the chief of police to resolve this situation. But if we cannot resolve this situation as business professionals, taxpayers, and citizens of Hickman then I will

contact the NAACP.

The city of Hickman knows that my rights as a business owner are being violated. I want to be treated fair just like the other business owners here. I have been paying taxes as a business owner for eight years. I have several new business ideas for C&A but I haven't been given the chance to express those ideas. I have not received a phone call from the city of Hickman. I would like to resolve this problem.

"I am only asking for the city of Hickman to give me a chance to change the image of C&A Bar and Grill. I have new management in place that has been properly screened, drug tested, and criminal background checked. He has been attending ABC class in order to serve alcohol. I strongly believe in

See C&A, page 4



HARD AT WORK - Johnny McTurner (left) is welcomed to work on Tuesday, March 19 by Hickman Mayor David Lattus (right). Tuesday's was McTurner's first day on the job as City Manager of Hickman. (Photo by Charlotte Smith.)

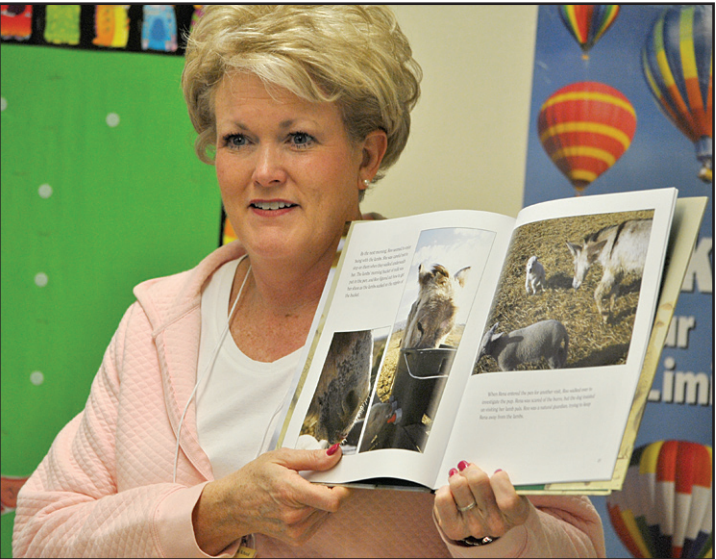
Unemployment rate falling but remains high

Unemployment rates fell in 83 Kentucky counties between January 2012 and January 2013, while 33 county rates increased and four stayed the same, according to the Kentucky Office of Employment and Training, an agency of the Kentucky Education and Workforce Development Cabinet. Fulton County still ranks in the top five coun-

ties with one of the highest unemployment rates, sitting at 15.2 percent. At one time the rate was higher than 22%.

"I am happy to see that Fulton County's unemployment rate fell over the last year," stated Fulton County-Hickman County Economic Development Partnership

See UNEMPLOYMENT, page 8



AG MONTH - Kentucky Farm Bureau board member Penny Fleming read to fourth graders at Fulton County Elementary/Middle School on Friday, March 15. March is Agriculture Month. Visit our Ag page on page 10 of this week's Courier. (Photo by Charlotte Smith.)

High school drop out age moves to 18

"Monday, March 11 was a very good day - for our schools, for our students, and for the future workforce of our Commonwealth. The newly-passed Graduation Bill (SB97) will keep students in school until they turn 18. In Kentucky alone, 6,000 students drop out before their 18th birthday every year. As a result of SB97, that number will soon be nothing more than a historical footnote," stated Governor Steve Beshear and First Lady Jane Beshear.

"Last week our legislators voted to stop allowing these students to jeopardize their future, and to stop costing Kentucky taxpayers millions of dollars in jails and social services. This bill will help to break the cycle

of poverty, close the revolving door of prison and improve the quality of life for all Kentuckians," added Gov. Beshear and the First Lady.

"Sound Philosophy, but I'm bothered because of the details of the reality," commented Fulton County Schools Superintendent Dennis Bledsoe. "No one can argue that anyone should drop out of high school. But, the Kentucky Department of Education is again requiring another unfunded mandate."

According to Bledsoe, students that drop out of high school are usually very troubled. "We make every attempt to keep them in school through

See DROP OUT, page 4

THIS WEEK

OBITUARIES

Betty Jean Bradley

Louise Butts

Julia Mai Hicks

RIVER STAGE FORECASTS
OHIO RIVER AT CAIRO, ILL.

Wednesday, March 20 - 42.4
Thursday, March 21 - 42.5
Friday, March 22 - 42.3
Saturday, March 23 - 42.0
Sunday, March 24 - 42.0

INSIDE THIS WEEK

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Local Weather

Thu 3/21 45/35
More clouds than sun. Highs in the mid 40s and lows in the mid 30s.

Fri 3/22 46/41
Showers possible. Highs in the mid 40s and lows in the low 40s.

Sat 3/23 52/46
Mostly Cloudy. Highs in the low 50s and lows in the mid 40s.

Sun 3/24 54/37
Chance of showers. Highs in the mid 50s and lows in the upper 30s.

Mon 3/25 51/37
Mix of sun and clouds. Highs in the low 50s and lows in the upper 30s.

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FIRST JUDICIAL CIRCUIT IMPLEMENTS NEW PROGRAM - Meeting last week to discuss a new program called Families in Transition were (standing, left to right) Amy Harper Hogancamp, and Karl Ivey; (sitting, left to right) Debbie Temple, facilitator, Jeanne Cain, facilitator, First Circuit Judge Timothy A. Langford, Becky Beihlslich, and Allison Whitledge. (Photo submitted.)

First Judicial Circuit meets to discuss Families in Transition program

Charlotte Smith
Editor

Divorce can be difficult for everyone involved, especially children. Painful experiences create many changes in the lives of children when they are separated from one parent or the other. Children will likely experience a multitude of feelings such as guilt, anger, disbelief, embarrassment, fear and grief. A new program called Families in Transition (FIT) is sponsored by the Administrative Office of the Courts and is designed by the University of Louisville Family Therapy Program.

FIT is a program being implemented in the First Judicial District. On Monday, March 11, Amy Harper Hogancamp, Karl Ivey, Debbie Temple, FIT Facilitator and Coordinator for Ballard and Carlisle counties, Jeanne Cain, FIT Facilitator and Coordinator for Fulton and Hickman counties, First Circuit Judge Timothy A. Langford, Becky Beihlslich, and Allison Whitledge gathered in Fulton, Ky., to discuss the process of implementing the program. On Wednesday, March 20, a meeting was also held regarding this program in Ballard County in LaCenter, Ky., for attorneys, and practitioners in that end of the Circuit.

The program was designed so that parents, with the help of a facilitator, may become more aware of how divorce affects their children. Many questions

children may have regarding divorce, such as: "Will I ever see Dad (Mom) again?" "Did I do something to cause the divorce?" "What will happen to us?" "What should I tell my friends?" These are all questions children need to explore, finding answers to these questions and more.

During divorce, separation sometimes require children to adapt to rapid change and there are some things that parents can do to make the changes easier

for their children. "I strongly encourage every divorcing parent to take advantage of the FIT Program in Ballard, Carlisle, Fulton, and Hickman counties," stated Judge Langford. "The FIT program helps equip divorced parents to better provide a peaceful and stable home for their children."

Temple, an Extension Agent for Family & Consumer Sciences in Ballard County, stated, "There are five people, who

See TRANSITION, page 8



ROTARY SPEECH CONTESTANTS - On Tuesday, March 12, at Fulton County High School three students competed in the Hickman Rotary Club speech contest. Three Rotarians, Pete Morgan, David Gallagher and Shelly Weatherford, judged the competition. Judges awarded first place to Drew Worley (left). Jeral Mack (center) received second place recognition. Third place went to Dixie Major (right). Worley represented the Hickman Rotary Club at the district level on Monday, March 18 and came in third place. (Photo by Charlotte Smith.)



THE HICKMAN COURIER

THE VOICE OF HICKMAN AND FULTON COUNTY

Charlotte Smith - Editor

Barbara Atwill - Business manager

Established in 1859. The oldest newspaper in West Kentucky.

Turning Back The Clock

**25 Years Ago
June 2, 1988**

Lack of rain is causing a problem for boaters at the Hickman Harbor.

Sean Caldwell and Mike Hopkins were honored at the first Eighth Grade Awards Night for their high grade point average. Sean's was 97.602 and Mike's was a close second at 97.474, other honor students included Mary Carol Harris, Amy Major, Matt Gardner, Holly McNeill, Dionne Nerren, Andrea Lynch, John Davis and Christopher Mayberry.

Larry Myatt has been named as "Fireman of the Month" for June by members of the Hickman Volunteer Fire Department.

Obituaries: George Lewis Argo, 73; James Edward Jackson, 57; Dennis Moore, 77.

Twelve students from Fulton County earned recognition on the Murray State University's Dean's List for the 1988 spring semester. They are Tonya Bennett, Steven Cochrum, Jeffery Edwards, Laura Harris, Donna Kruger, Christi Perry, Paula Snead, Darlene Taylor, James Thompson, Toni Thompson, James Walker and Amy Wilkerson.

**50 Years Ago
September 5, 1963**

Some 26 persons heard an expert in community development frankly and constructively list some of the reasons, which may have kept towns like Hickman from growing faster. Some of the town's failure to grow, Robert B. Wordeu, noted are: refusal to keep the town's streets and buildings clean; lack of enforced traffic laws; lack of adequate recreation programs; housing shortage; lack of community cooperation and unity; lack of modern well-lighted, well-stocked stores; parking and other up-to-date conveniences for shoppers; lack of attraction tax rates and absence of a modern, prosperous community look.

The following were awarded baskets of groceries over the week-end during the grand opening of Clack's Supermarket, under the new ownership of James "Flop" Turnbow: Chester Mangold, J.M. Walker, Carsie Chaney, Edward Clark, Mrs. Jettie Wilkerson, Jena Channell, Pete Nall, Mrs. Isaac Shuff, Prather Mangold, Mozelle Cole, James Sanger, Mrs. Rufus Whitten, and Kenneth Poe.

**75 Years Ago
August 26, 1938**

Among other raw materials suitable for manufacturing purposes Hickman has an abundance of willow and cottonwood trees, which are practical sources of pulpwood for papermaking. The citizens of this community should begin to pull for a paper factory and not take "No" for an answer.

C.L. Holland picked a large 1-1/2 pound Dyhart tomato from his garden last week. Mr. Holland is 85 years old and does all the work in his garden and certainly has had the practice to grow this perfect tomato, which was sixteen inches in circumference.

Around a river town, such as Hickman, a rat is not a rare sight, in fact, not nearly rare enough. And neither is a snake unusual to see. Thus, workers at a wholesale grocery were astonished the other day to see a struggle for life between a snake and a huge rate enacted on a fence post nearby.

The first cotton to move to the gin in this section was sent by Henry Sanger to the Planters Gin in West Hickman on Tuesday of this week.

**125 Years Ago
September 9, 1988**

The incorporation of a company to build a railroad from Paducah to Hickman met in Judge Bullitt's office on Legal Row today. The primary object of the gathering was the opening of stock, which was done.

An earthquake shock was felt in Hickman between 11 p.m. and 12 midnight Sunday night. It rattled things lively for a few seconds.

J.W. Morris and Son will have their factory ready for manufacturing of staves, spokes, baseball bats, etc., about the first of October.

Letter to the Editor

Dear Editor,

I appreciate everyone in Fulton County who became a KET member by making a contribution to TeleFund 2013. I say this on behalf of Kentuckians of all ages who will benefit from your gift, which helps KET continue to broadcast its entertaining and educational program line-up and its many community outreach programs.

If you haven't yet given your support, you can call **800-866-0366** or pledge online at www.ket.org/support. Your support of KET will help you, your family and your fellow citizens be more informed, inspired and empowered.

Sincerely,
Carol Major
KET Friends Board, District 1

Dear Editor,

The Public Value of Public Defense

This is a special time to honor the foundational right to counsel.

In a criminal case, counsel protects "the fundamental human rights of life and liberty." Our Sixth Amendment right to counsel "stands as a constant admonition that if the constitutional safeguards it provides be lost, justice will not 'still be done.'" Fifty years ago on March 18, 1963 the United States Supreme Court expressed this reasoning to unanimously rule in the landmark case of Gideon v. Wainwright that the state must provide an attorney to a person too poor to hire one in a felony case. In later cases the right to counsel was extended to any matter for which a poor person could lose his or her liberty.

In 1963 the Court was unequivocal in its finding that the help of a lawyer is an absolute necessity when liberty is at stake, "... reason and reflection require us to recognize that in our adversary system of criminal justice, any person haled into court, who is too poor to hire a lawyer, cannot be assured a fair trial unless counsel is provided for him."

The Court termed the need for a lawyer as "an obvious truth," stating, "Governments, both state and federal, quite properly spend vast sums of money to establish machinery to try defendants accused of crime. Lawyers to prosecute are everywhere deemed essential to protect the public's interest in an orderly society. Similarly, there are few defendants charged with crime, few indeed, who fail to hire the best lawyers they can get to prepare and present their defenses."

In all of Kentucky's 120 counties, the Department of Public Advocacy's public defenders provide the constitutional representation that implements our devotion to protecting individual liberty against abuse.

In addition to protecting the freedoms of the accused, public defense is central to our public safety. The constitutional choice is clear. The state either must see that an indigent defendant is provided counsel or the state cannot proceed with a prosecution. Prosecution, public defense, courts, and law enforcement all serve vital roles ensuring the justice system has reliable, valid results.

See LETTER, page 8

Philanthropic Centenarian leaves more than \$230,000 to WKCTC

PADUCAH, KY (March 13, 2013) - Paducah Junior College, Inc., the foundation of West Kentucky Community and Technical College, has been named the beneficiary of a trust funded by the late Garline Clark, who passed away at the age of 102 in September 2012.

The trust, valued at more than \$230,000, will fund the Noble and Garline Clark Endowment at WKCTC and is in memory of Garline Clark and her late husband Noble Clark. Representatives of Independence Bank recently present a check to Dr. Barbara Veazey, president of WKCTC, to fund the endowment.

"We are always grateful when a donor has included the foundation in their estate planning," said Dr. Veazey. "As the college continues to grow,



Garline Clark in 2010 at the age of 100

SENATOR STAN HUMPHRIES

(R-CADIZ)

Representing the 1st District
including representing Calloway, Carlisle, Fulton,
Graves, Hickman, Lyon and Trigg counties.

FRANKFORT—The General Assembly is now recessed for a ten-day veto period and will return on March 25 for the final two days of the 2013 Session. While consensus hasn't been reached on important bills dealing with public pension reform, industrial hemp, and military overseas absentee voting, the Senate is hopeful the House will be open to more discussion and negotiation on these unresolved issues.

On Tuesday, in the final hours of the Session, the Senate and the House worked together in a bipartisan conference committee, of which I was a member, to reach a compromise on a proposed amendment to House Bill 1 relating to the state's special taxing districts.

These taxing entities, consisting of library boards, fire districts and water and sewer districts, among others, serve a great purpose and offer valuable services to the general public. As agreed upon in the conference committee, the special taxing districts would be required to submit a budget report to their local fiscal court and hold a public hearing before imposing a new fee or increasing the rate of an existing tax, rather than full oversight by the fiscal courts. This bill would strengthen public support for these entities by adding an element of transparency to their operations through the creation of an online registry to publicly disclose their annual budgets and other pertinent information.

Reader Information

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Yearly subscriptions rates are: in Obion and Weakley counties in Tenn. - \$27.00; in Fulton, Hickman and Graves counties in Kentucky - \$27.50; Elsewhere in Kentucky - \$36.00; and all other locations \$47.00.

Tax is included on Kentucky subscriptions.

NO REFUNDS

ADVERTISING ERRORS

Liability for advertising errors is limited to reprinting that portion of the advertisement that is in error. All advertisements are assumed to be checked on first insertion. This newspaper assumes no liability for errors after the first insertion.

The newspaper is on sale each Wednesday at these locations:

Hickman - E.W. James & Sons, Little General #53, Medcare Pharmacy, McMaw's, Pat's Red Door Salon, River City Liquors, Roger's Tire & Lube, Senior Citizens Center, and inside Dollar General

Cayce - Cayce Cafe, Cayce Junction, and Cayce Oil & Lube

Fulton - Evans Drug, Pockets, Hunter's One Stop, Pic Pac, The Fulton Leader, and inside Walmart

Union City - Skaggs Gro.

Jordan - Jordan Store

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so does the need for scholarship funding to assist our students. I am thankful for our benefactors who support this need."

The endowment will provide scholarships to WKCTC business and accounting students from McCracken and Graves counties who plan to transfer to a four-year university. Scholarships will be awarded from the Noble and Garline Clark Endowment beginning the 2013 - 2014 academic year.

The Clarks were members of First Christian Church, where Noble served as a deacon emeritus. Noble Clark, a former vice president of Citizens Bank and Trust Company, began work for the bank in 1924 and continued to the office of vice president over his 46-year tenure. He died in 1993 at the age of 87.

An avid bridge player, Garline Clark lived independently in her home until shortly after her 100th birthday.

By all accounts, the Clarks were active in Paducah and were involved in the development and growth the city experienced during the mid-century. Noble Clark was an original member of the Paducah Urban Renewal Board serving as its first chairman in 1959. He was active in chamber activities, economic development efforts and the downtown merchants group. In 1961, he was named the Kiwanian of the Year by the

A measure to protect the state's most vulnerable citizens, its children, was passed unanimously in both Chambers this week. House Bill 290

See HUMPHRIES, page 3

Downtown Kiwanis Club. WKCTC and awards more than PJC, Inc. manages the \$350,000 annually to deserving scholarship program for students.



WKCTC ACCEPTS FUNDS FROM THE NOBLE AND GARLINE CLARK ENDOWMENT - (left to right) Dr. Barbara Veazey, president of West Kentucky Community and Technical College, accepts a check from Independence Bank representatives Eileen Duobinis-Gray and Bud Qualk to fund the Noble and Garline Clark Endowment.

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Honorable David Gallagher, Fulton County Judge/Executive
Members of the Fulton County Fiscal Court

Independent Auditor's Report

We have audited the accompanying financial statements of the governmental activities, the business-type activities, each major fund, and the aggregate remaining fund information of Fulton County, Kentucky, as of and for the year ended June 30, 2011, which collectively comprise the County's basic financial statements, as listed in the table of contents. These financial statements are the responsibility of the Fulton County Fiscal Court. Our responsibility is to express opinions on these financial statements based on our audit.

We conducted our audit in accordance with auditing standards generally accepted in the United States of America, the standards applicable to financial audits contained in Government Auditing Standards issued by the Comptroller General of the United States, and the Audit Guide for Fiscal Court Audits issued by the Auditor of Public Accounts, Commonwealth of Kentucky. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinions.

As described in Note 1, Fulton County, Kentucky, prepares its financial statements in accordance with the modified cash basis, which is a comprehensive basis of accounting other than accounting principles generally accepted in the United States of America.

In our opinion, the financial statements referred to above present fairly, in all material respects, the respective financial position of the governmental activities, the business-type activities, each major fund, and the aggregate remaining fund information of Fulton County, Kentucky, as of June 30, 2011, and the respective changes in financial position and cash flows, where applicable, thereof for the year then ended in conformity with the basis of accounting described in Note 1.

The county has implemented Government Accounting Standards Board Statement 54 as it relates to the modified cash basis of accounting as described in Note 1, which has altered the format and content of the basic financial statements.

The county has not presented the management's discussion and analysis that the Governmental Accounting Standards Board (GASB) has determined is necessary to supplement, although not required to be part of the basic financial statement. The budgetary comparison information is not a required part of the basic financial statements but is supplementary information required by the Governmental Accounting Standards Board. We have applied certain limited procedures, which consisted principally of inquiries of management regarding the methods of measurement and presentation of the budgetary comparison information. However, we did not audit the information and express no opinion on it.

Our audit was conducted for the purpose of forming opinions on the financial statements that collectively comprise Fulton County, Kentucky's basic financial statements. The accompanying combining fund financial statements are presented for purposes of additional analysis and are not a required part of the basic financial statements. The combining fund financial statements have been subjected to the auditing procedures applied in the audit of the basic financial statements and, in our opinion, are fairly stated in all material respects in relation of the basic financial statements taken as a whole.

In accordance with Government Auditing Standards, we have also issued our report dated August 20, 2012 on our consideration of Fulton County, Kentucky's internal control over financial reporting and on our tests of its compliance with certain provisions of laws, regulations, contracts, and grant agreements and other matters. The purpose of that report is to describe the scope of our testing of internal control over financial reporting and compliance and the results of that testing, and not to provide an opinion on the internal control over financial reporting or on compliance. That report is an integral part of an audit performed in accordance with Government Auditing Standards and should be considered in assessing the results of our audit.

Based on the results of our audit, we present the comments and recommendations, included herein, which discusses the following report comments:

2011-01 The Fiscal Court Should Maintain An Accurate And Complete Schedule of Capital Assets

2011-02 The Fiscal Court Should Maintain Proper Records For The Public Properties Corporation Fund

Respectfully submitted,

Romaine & Associates, PLLC

Romaine & Associates, PLLC

August 20, 2012

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RECIPE **Courier** Crumbs

Our Hickman Courier readers and Facebook friends are starting a new weekly column in the paper called the "Courier Crumbs". Each week we will share three or four old or new recipes for you to try. Please feel free to submit your own recipes for publication. Please specify if they are old or new and who they are from and send to hickmancourier@bellsouth.net or our Facebook page.

Loaded Potato Soup
submitted by Connie Edgin

3 lbs red potatoes	sauce
1/4 cup butter	1/2 lb bacon, fried crisp
1/4 cup flour	1 cup cheddar cheese,
8 cups half-and-half	shredded
1 (16 ounce) packages	1/2 cup fresh chives,
Velveeta cheese, melted	chopped
white pepper	1/2 cup fresh parsley,
garlic powder	chopped
1 teaspoon hot pepper	

Dice unpeeled red potatoes into 1/2 inch cubes. Place in large saucepan; cover with water and bring to a boil. Let boil for 10 minutes or until 3/4 cooked. In a separate pan, combine melted margarine and flour, mixing until smooth. Place over low heat and gradually add half-and-half, stirring constantly. Continue to stir until smooth and liquid begins to thicken. Add melted Velveeta. Stir well. Drain potatoes and add to cream mixture. Stir in pepper, garlic powder and hot pepper sauce. Cover and cook over low heat for 30 minutes, stirring occasionally. Place soup into individual serving bowls and top with crumbled bacon, shredded cheese, chives and parsley.

Bacon Biscuit Cups

submitted by Charlene Cox Sheehan

2 (3 oz.) pkg. cream cheese, softened	1 green onion, chopped
2 Tbl. milk	1 (10oz) can refrigerated flaky biscuits
1 large egg	5 bacon slices, cooked and crumbled
1/2 cup shredded Swiss cheese	

Beat first three ingredients at medium speed. Stir in cheese and green onion, leaving 2 tbl. green onion for garnish. Set aside. Separate biscuits into 10 portions. Pat each portion into a five inch circle, and press into bottom and sides of greased muffin cups, forming a 1/4 inch edge. Sprinkle evenly with half the bacon, and spoon the cream cheese mixture evenly on the top. Bake at 375 degrees for 20 minutes or until set. Sprinkle with remaining bacon, and more sliced green onion.

Shrimp Gumbo

submitted by Fran Yarbro McPeake

5 T oil 5-6 c water	1 lg can tomatoes 1 pkg
6 T flour 3 t salt	frozen okra
2 chopped onions 1 t	1 can tomato sauce 3 T
pepper	Worcestershire sauce
1 garlic pod 2 #	1 bell pepper
shrimp/crab	

Brown flour in oil. Add onions, celery, garlic, and brown 5 minutes. Add tomatoes, tomato sauce, water, salt, pepper, and boil 1-3 hours over medium. Add shrimp, Worcestershire sauce, and okra and cook another 20-60 minutes. Serve over rice.

Thank You

We thank you for –

- your cooking skills
- your generous donations
- your volunteer hours
- your continued support

Thank You

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Bethany Anne Palmer and Lucas Alan Goodman

**Miss Palmer, Goodman
to marry March 30**

The engagement and forthcoming marriage of Bethany Anne Palmer of Martin, Tenn., formerly of Troy, Tenn., and Lucas Alan Goodman of Hickman, Ky., are being announced. The bride-elect is the daughter of Mike and Theresa Calhoun of Troy. Her grandparents are Hoyt and Ann Sampson of Troy and Betty Calhoun and the late Lloyd Calhoun of Troy. She is a 2003 graduate of Obion County Central High School and attended the University of Tennessee (UTM) at Martin. She graduated from UTM in the spring of 2008 with a Bachelor of Science degree in Education. Palmer is employed by the Weakley County School System as a Health/P.E. teacher at Martin Westview High School. The groom-elect is the son of Bart and Sandy Goodman of Hickman. His grandparents are Charles and Ruby Sharp of

Fulton, Ky., and the late Bill and Chrysteen Goodman of Hickman. He is a 2004 graduate of Fulton County High School and attended UTM. He graduated from UTM with a Bachelor of Science degree in Agriculture with a concentration in Agricultural Economics in spring of 2008. Goodman is employed at Wade Farm Financial Services in Mayfield, Ky., and farms full time with his father on their family's row crop farm. The couple will exchange vows Saturday, March 30, 2013 at 3 p.m. at Troy United Methodist Church, located in Troy. A reception will be held immediately following the ceremony in the fellowship hall of the church. All family and friends are invited to attend. Only out-of-town invitations will be sent.



Humphries

from page 2

creates a 20-person review panel for cases of child abuse and neglect-related fatalities and near fatalities. For the first time, the panel will have access to uncensored case files from the Cabinet for Health and Family Services. It also gives the panel access to data from law enforcement or other agencies outside of the Cabinet and allows for state legislative oversight. With this measure, well-informed decisions can be made to ensure Kentucky's children are protected from harm. The bill awaits the Governor's signature. When the General Assembly reconvenes on March 25, it will consider any vetoes the Governor might enact on any of the various bills that have passed so far, as well as put a final stamp of approval on the important bills still being considered. In the meantime, you can review the work of the Kentucky General Assembly by visiting our website at www.lrc.ky.gov. Archived meetings and proceedings from the session can be viewed at www.ket.org. To check the status of a bill, you may call the toll-free Bill Status Line at 866-840-2835. Remember, your input is invaluable, so please contact me if you have any comments or questions toll-free at 1-800-372-7181. You can also review the Legislature's work online at www.lrc.ky.gov.

Senior Spirit
By Glenda Cochrum

Eat healthy!! As you get older, good nutrition plays an increasingly important role in how well you age. Eating a low-salt, low-fat diet with plenty of fruits, vegetables, and fiber can actually reduce your age-related risks of heart disease, diabetes, stroke, osteoporosis, and other chronic diseases. By eating a wide variety of foods, you can pretty easily get what your body needs, including:

- **Protein**, which is needed to maintain and rebuild muscles. You can get low-fat, quality protein from poultry, fish, eggs or egg substitutes, soy, and limited amounts of nuts and low-fat meat and dairy.
- **Carbohydrate**, which is the body's preferred source of energy. There are two main sources of dietary carbohydrates: **simple sugars**, such as sucrose (the refined white sugar added to sweets and desserts), fructose (the sugar contained in fruit), and lactose (milk sugar); and **complex carbohydrates**, which come from vegetables and grains. Unlike refined sugars, fruits contain vitamins and fiber, dairy products contain nutrients such as calcium and vitamin D, and complex carbohydrates contain vitamins, minerals, and fiber. Get most of your carbohydrate calories from vegetables, grains, and fruits. Limit drinks and foods with added sugar. And try to replace fat calories with complex carbohydrates in your diet.
- **Fat**, which also provides energy. To help keep your blood cholesterol levels low, get most of your limited fat intake from the polyunsaturated fats (as in liquid corn oil or soybean oil) and monounsaturated fats (in olive oil, avocados, and nuts). Limit saturated fats (beef, pork, veal, butter, shortening, and cheese). You can do this by eating these foods less often, having

smaller servings, choosing less fatty cuts of meat, and by using stronger tasting cheeses so you can use just a little and still get the cheese flavor. Try to avoid the trans fats (hydrogenated fats) found in stick margarine and in many processed foods such as crackers and cookies. Trans fats are now shown on the nutrition facts labels found on most packaged foods.

- **Water**, to replace water lost through activity. Be sure to drink plenty of water each day. If you are having trouble getting the food you need because of transportation, financial, or health problems, please call the Hickman Senior Center at 270-236-2826.

You're Invited! Join us on Monday, March 25, 9:00 – 1:00 for an **Easter Party** at the Hickman Senior Center. Lots of snacks, games, lunch and Bingo to be enjoyed by all!

Weekly activities at the senior center always include Exercise every Monday, Wednesday, Friday, 10:10; Bingo every Monday & Wednesday, 11:30; and Chair Volleyball, Wednesday, 10:15. The following are activities for this month beginning with: Wednesday, Mar. 20, **Devotion** by Chuck Everett; Friday, Mar. 22, **Pulse, Heart Rate & Blood Pressure** monitoring; Monday, Mar. 25, 10:00-1:00, **Easter Fun Day**; Tuesday, Mar. 26, **Devotion** by Chuck Everett; Wednesday, Mar. 27, 10:30, Melinda Swader, Life Line Home Health, **Blood Pressure Clinic**; Friday, Mar. 29, **CLOSED** for Good Friday. Come out and enjoy these March activities with us!

Do you enjoy playing Bingo? **Come out and join us on Monday and Wednesday of each week!** Bingo is played (25 cents a card) on these days immediately following lunch, at approximately 11:30. Bingo winners on Monday, Mar. 11, were Sandra Lattus, Helen Drewry, Evelyn Burcham and Mary Helen McCauley, coverall. Wednesday, Mar. 13, the winners were Mary Helen McCauley, David Lattus, Blossie Cheirs and Bob White, coverall.

Come Join us for Lunch! Be sure to look at all of the choices on the menu below. Just call the center at 236-2826 and they will sign you up for lunch that day! A donation of **\$2.00 per meal** would be appreciated for all those **60 years of age and older and the cost is \$4.00 for non-seniors!**

The following items with be served at the Senior Center next week:

Monday, March 25

Pork roast, pinto beans, turnip greens, apples with raisins, cornbread, and skim milk.

Tuesday, March 26

Hot beef sandwich, mashed potatoes with gravy, steamed broccoli, congealed strawberry/banana dessert, and skim milk.

Wednesday, March 27

Taco salad, buttered corn, cornbread, tropical fruit, chocolate wafers, and skim milk.

Thursday, March 28

Meatloaf, oven roasted potatoes and carrots, creamy slaw, whole-wheat bread, fruit cocktail, and skim milk.

Friday, March 29

Closed for Good Friday.

Happy Birthday

The Hickman Courier wishes all these good folks a very happy birthday! Help make their days more special by remembering them with a card or a phone call.

March 25 – Wayne Hulin, Betty Calhoun, and Krystal Thomas.

March 26 – James Collins, and Erika Weatherly.

March 27 – Chad Turnbow, David Baldrige, Wayne Busby, Heather Jones, Cameron Jones, and Dewey Busby.

March 28 – Tommy Turnbow, Kimberly Thomas, and Tommy Lee Thomas.

March 29 – Susan Gadberry, Hugh Gavin McClure, ad Shirley Higgins.

March 30 – Thelma Smith, Mike Thompson, Derrick McClure, and Brandi Johnson.

March 31 – Steve Mitchum, Peggy Todd, Nicholas Pavletic, Kathy Bass, Judy Shields, Steve Wilson, Carice McClerkin, Brenda Nall, David O'Connor, Erik McClure, Austin Franklin, and Kelly Busby.

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Easter Egg Hunt**
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Saturday, March 30
10:30 a.m. - 12 noon

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Saturday League teams improve skills on the court



LADY WILDCATS - Basketball players of the Lady Wildcats Saturday League team include (front row, l to r) Maddy Morrison, Hannah Murphy, Allie Grace Jones, Ella Cagle, and Deayria Kinney. They are coached by Ellen Murphy (back row). (Photo by Charlotte Smith.)



LADY TIGERS - Basketball players of the Lady Tigers Saturday League team include (front row, l to r) Hannah Varden, Cheyenne Hitesman, Virginia Varden, Destiny Burnes, and Danyelle Hoffman. They are coached by Nancy Varden (back row). (Photo by Charlotte Smith.)



HAMMERHEADS - Players for the Hammerheads Saturday League team include (front row, l to r) William Holmes, Braxton Bridges, Vinny Martin, Landon Cole, Jadairian Smith, and Logan Griffiths. They are coached by Michael Cole (back row). (Photo by Charlotte Smith.)



PIRATES - Basketball players for the Pirates Saturday League team include (back row, l to r) Jackson Major, Ryan Prehoda, Christian Smith, Jayden Smith, (front row, l to r) Connor O'Malley, Noah Jones, and Tamarris Crumble. They are coached by (back row, l to r) Mindy Major and Rick Major. (Photo by Charlotte Smith.)



HICKMAN BALLERS - Basketball players for the Hickman Ballers Saturday League team include (front row, l to r) O'Marion Pierce, Braden Costello, J'shon Jones, Da'Kyran Gossett, Luke Jackson and Calix Coulson. They are coached by Jason Smith (back row). (Photo by Charlotte Smith.)



BULLS - Basketball players for the Bulls Saturday League team include (front row, l to r) Lamarius Stray, Skyler Johnson, Curtis Holmes, DJ Johnson, Rodrick Beard. They are coached by (back row) Russell Stray. (Photo by Charlotte Smith.)



WILDCATS - Basketball players for the Wildcats Saturday League team include (front row, l to r) Blake Edwards, Tyler Love, Hayden Murphy, Broc Bridges, and Greyson Grissom. They are coached by Chuck Murphy (back row, left) and Greg Grissom (back row, right). (Photo by Charlotte Smith.)

Drop Out

a variety of means but it breaks our hearts when we fail to save each and everyone," he added. "Last year we had one dropout. Just like any troubled child the cost of keeping them in school can be two or three times what the school system receives per student to educate children. "The concern for all superintendents is the mindset on the hill in Frankfort," continued

Bledsoe," and the Kentucky Department of Education of mandate driven directives with "get it done the best you can." Our district does an exceptional job of keeping students in school and we will continue to do our best. "We are deeply grateful to the General Assembly for working together to forge a successful agreement to keep our kids in

school. We especially thank Rep. Jeff Greer and Sen. David Givens for their efforts and their willingness to seek out a compromise on this bill, as well as Sen. Jimmy Higdon, Rep. Reggie Meeks, Rep. Carl Rollins and Sen. Mike Wilson for their continued support. We look forward to finally signing this bill," concluded Gov. Beshear and the First Lady.

from page 1



HORNETS - Basketball players for the Hornets Saturday League team include (front row, l to r) Hunter Woods, Deviyon Turner, Gavin Burnes, Payden Johnson, and Tanner Williams. They are coached by (back row, l to r) Jason Smith and Jeff Jones. (Photo by Charlotte Smith.)

C&A

from page 1

this young man and I feel he will be a great asset to C&A Bar and Grill and the City of Hickman. I would like to deeply apologize again to the City of Hickman, and the chief of police.

"In closing, I really would like to get this situation resolved because I highly respect the City of Hickman. But in the process, I need to be respected as well. If I am not contacted by

the city of Hickman then I will take further actions to resolve this situation. God bless and I pray this situation can come to an end."

Saturday League ends a season of playing with the round ball



RACERS - Basketball players from the Racers Saturday League team include (front row, l to r) John Davis Swain, Seth Jones, Mason Russom, Will Jackson, Kendrick Couch, and Josh Cole. They are coached by (back row, l to r) Larry Don Jones and Dale Jackson. (Photo by Charlotte Smith.)



FALCONS - Basketball players from the Falcons Saturday League team include (front row, l to r) Rez Westbrook, Jordan Pirtle, Jason Mathews, Myles Amberg, Carson Parker, and Austin Burnes. They are coached by (back row) Jermy Mathews. (Photo by Charlotte Smith.)



LADY JAGUARS - Basketball players from the Lady Jaguars Saturday League team include (front row, l to r) Nikia Smith, Jada Mathews, Daisy Major, and Kylira Williams and (back row, l to r) Coach Melissa Kinney, Leslie Beth Jackson, Kaitlyn Parker, Retiazsha Chambers and Grace Elder. (Photo by Charlotte Smith.)



LADY WARRIORS - Basketball players from the Lady Warriors Saturday League team include (front row, l to r) Marlena Sipes, Shelby Morris, and Josie Prehoda and (back row, l to r) Coach Merry Williams, Cailey Prehoda, Alley McMillin, Leah Weatherly, and Karlie Williams. (Photo by Charlotte Smith.)



CARDINALS - Basketball players from the Cardinals Saturday League team include (front row, l to r) Cameron McNeill, James Travers, A.J. Turner, and Dylan Boyle; and (back row, l to r) Tanner Ford, Taylor Sipes, Cameron Cole, C.J. Smith, and Coach Derrick Winters. Not pictured: Coach Eric Boyle. (Photo by Charlotte Smith.)



WARRIORS - Basketball players from the Warriors Saturday League team include (front row, l to r) Skyler Johnson, Kyle Bridges, Hunter Adams, Jywon Jones; and (back row, l to r) Coach Caleb Smith, Cameron Matheny, Mason Eakes, Rictaven Polk, and Coach Jamie Adams. (Not pictured: Dustin White.) (Photo by Denise Grissom.)



SILENT AUCTION - (Above) These baskets, displayed with Calix Coulson, Azariah Busby, Wesley Brown, and Luke Jackson are up for bid in the Fulton County Elementary/Middle School PTO silent auction. Some of the baskets will be on display at the Elementary school library. Citizens Bank will also be displaying them as well. On March 28 during Parent/Teacher Conferences at FCE/MS all the baskets will be on display for bidding. All the money made from each basket goes directly back to that classroom. (Photo by Charlotte Smith.)

The public is invited to a

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will retire after many years of service to the community

March 27 • 10 a.m. to 4 p.m.

Fulton Public Library, Main Street, Fulton

On March 28 during Parent/Teacher Conferences at FCE/MS all the baskets will be on display for bidding. All the money made from each basket goes directly back to that classroom. (Photo by Charlotte Smith.)



HICKMAN HEAT - Basketball players from the Hickman Heat Saturday League team include (front row, l to r) Armani Yandal, Noah Miller, Caleb Kimble, and Justin Eakes; and (back row, l to r) Coach Larry Miller, Dylan Williams, Slylar Weatherly, NaTaven Bransford, Brandon Willis, and Coach Richard Holloway. (Photo by Denise Grissom.)

Easter Egg Hunt

Saturday, March 23 • 1 p.m.

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Ages 0 - 9

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Fulton and Hickman Counties Church Page

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300 Rice Ave., Fulton, KY, 270-472-2726

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CAYCE BAPTIST
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Circle Road, Clinton, KY
COLUMBUS BAPTIST
Columbus, KY
CRUTCHFIELD BAPTIST
State Route 924, Crutchfield, KY
DAVID'S CHAPEL
State Route 925, Hickman, KY
EAST HICKMAN BAPTIST
1522 Liberty St., Hickman, KY, 270-236-2300
FIRST BAPTIST
205 E. Moulton St., Hickman, KY, 270-236-2424
FIRST BAPTIST
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1273 Midway Rd., Hickman, KY, 270-236-2838
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200 Carr St., Fulton, KY, 270-472-3514
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105 Wellington, Hickman, KY, 270-236-2305
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Ivey speaks to DAR group in Fulton

The Jacob Flournoy Chapter, Daughters of the American Revolution met recently at the Carr Street Community Center in Fulton.

Alice Voegeli and Ellen Petty served as co-hostesses during the social time, serving from a white cloth covered food table, centered with a large floral piece, with focal points of wild turkey feathers, in keeping with the Native American theme of the meeting. Deer jerky, chocolate dipped nuts, cake, assorted pastries, dip and chips were served, with spiced tea.

Regent Sallie Ferguson opened the meeting with the DAR ritual, and Agnes Sublette served as Chaplain.

Program leader Peggy Lohaus led the Pledge of Allegiance to the United States Flag, followed by the Star Spangled Banner, the American's Creed and the Preamble. She introduced Kay Williams as a guest and guest speaker, Karl Ivey.

Ivey, a practicing attorney, civic leader and retired Army veteran, is also an expert in the Native American culture. He explained how the discovery of gold in Georgia was what led to the Trail of Tears and the removal of Native Americans from their homes and land.

Through bribes and trickery, Ivey said, 500 Native Americans signed a treaty to sell the land which represented 15,000 Cherokee who had no part in the sale of the land to the government.

Ivey went on to say while the implication by the government was that the Cherokee people were uneducated savages, some had brick homes, newspapers, schools, and wore western clothes. John Ross, the son of a Native American mother and white father was a lawyer who tried to stop the removal of his people by suing the United

States, and although the court ruled in favor of the Native Americans, the ruling did no good, as thousands died from lack of shelter, disease and starvation on what later became known as the Trail of Tears.

Ivey recounted to the group about a Pow Wow held in Hopkinsville, which he attended, and where Native Americans Fly Smith and Walking Horse are buried. Ivey also explained types of Native American dances and how they may be recognized according to the movements and clothing worn. Ivey said he has taken part in straight dancing, which is less physical than other types of dance.

He displayed a large table

of authentic clothing and head pieces, much of which he made himself. He explained the tanning process of leather, and the pride of the Native Americans in serving their country.

During the business meeting, officers' reports and committee reports were given. It was announced State Conference will be held April 5-7 in Lexington.

The next meeting will be held April 11 at Carr Street Community Center in Fulton, with Margaret Perry as program leader and Phyllis Simmons, Mary Harris and Lurinda Tate as hostesses. The program will be "Show and Tell".



IVEY PARTICIPATES IN POW WOW - Karl Ivey (pictured above in full dress and below second from left) participated in a Pow Wow in Hopkinsville. He spoke to DAR in Fulton last week about the Native Americans and the Trail of Tears. (Photos submitted.)



Letter

from page 2

Our adversary system does not produce fair results on its own. It takes professional judges and

Transition

from page 1

have been trained and certified as facilitators by staff of the Kentucky Administrative Office of the Courts in Frankfort, who will be serving families of the first Judicial District."

The program is recommended for children ages 7-17 to attend with their parents and consists of two, three-hour long sessions. One parent and the children attend the program at the same time but in separate sessions. The other parent attends the program at a different time.

Program objectives include the following:

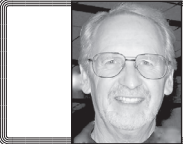
- Increase children's competence by teaching skills to identify divorce-related feelings in themselves and others.
- Reduce the children's feelings of isolation and misconceptions about divorce.
- Increase children's awareness of how divorce affects their parents.
- Increase appropriate ways children can respond to anger.
- Develop parental competencies by teaching skills to handle children's divorce-related concerns, co-parental relationships, and parent-child relationships.

It is recommended that families going through divorce enroll in classes within 14 days of the date for filing a Petition of Dissolution of Marriage and complete the FIT classes in a timely manner. "We recommend completing the class within 30 days," stated Cain, "but we realize that can be difficult. The most important thing is to complete the class." The cost of the program is \$50 per parent, payable by cash or money order only.

Those interested in confirming the date, time and location of the next available class should contact the FIT Program Coordinator for their county. Cain may be contacted by calling 270-559-3059. Temple may be contacted by calling 270-556-9381.



GOLDEN FRIED FISH - David Lattus (left) delivers some hot fried fish to Christy Lattus (center). She places the delicious fish into the serving tray in preparation of serving Cayce and Jackson Carlton (on right) during Sacred Heart Catholic Church's fish fry held on Friday, March 15. (Photo by Charlotte Smith.)



Sports In Kentucky For the Hickman Courier

By Bob Watkins

As many as 20 teams have a legitimate chance to win the NCAA championship, basketball experts tell us. Since Kentucky Derby experts pour over equine details like scientists in Silicon Valley, before picking one Run for the Roses winner that seldom wins, isn't it refreshing that hoops experts blab at each for hours on air then are savvy enough to pick 20 to win?

First among any 20? Louisville.

Rick Pitino has his Cardinals at razor's edge. The ways UofL spotted Syracuse a 17-point lead, then dismembered the Orangemen, Louisville elevated itself to the No. 1 seed and team nobody wants to play.

Next!

HAPPY TO BE HERE DEPT.

Western Kentucky. With some fickle Topper fans quieted after yowling for the coach's scalp three weeks ago, Ray Harper's team ate the canary last week, sealed a 20-win season, earned a pay-check game against Kansas and civil right to smirk at and dismiss critics.

What can Western expect besides a whuppin from the Jayhawks?

✓ Chance to show it can dance with a big dog in prime television time.

✓ A 6-11 high school prospect gets to see coaching, poise, team work, determination and opportunity to play and decides to visit Bowling Green.

✓ Another piece-of-the-pie pay-check into the coffers from the NCAA.

✓ And, a flirtation with Harper by another school or two.

KENTUCKY

Those of us who've been around a few springtimes know the University of Kentucky basketball's Big Blue Nation has suffered a lion's share of embarrassments and humble pie moments. Add 2013 to the list.

✓ Embarrassment because of their season. Their? Individuals who wore the same shirts, forgot Kentucky on the front, played for names on the back, theirs, and became good at ignoring their coaches.

✓ Humble pie moment? For the fifth time since 1985, a defending NCAA champion was sent to exile. In Kentucky's case, a Pittsburgh suburb and the NIT.

This week a few Post notes from the edge.

1. Bizarro World I. College basketball's winningest program could not host a first round NIT game because its home arena was already booked for NCAA top seed Louisville. And, 7,000-seat Memorial Coliseum was not available either because UK's athletics staff was already booked to host the NCAAs at Rupp.

2. Bizarro World II. Kentucky did not accept a bid to the NIT so much as it was contractually bound to it by preseason agreement. Top tier teams not selected to the NCAAs must play, if chosen. in the NIT. Father of this arrangement? C.M. Newton.

3. Bizzaro World III. Robert Morris U's mail address is Moon Township near Pittsburgh. On February 10, 1959 a child was born in Moon. John Calipari.

4. Selection committee got the overall No. 1 seed right. Louisville.

5. College basketball's coach of the year is Rick Pitino. Preseason picked among the nation's top three, UofL got back to the penthouse at precisely the right time.

6. NCAA Tournament bracket. First thing I look for after "who's in and who wuz robbed," is seed matchups at 8-9 and 7-10. This time: Notre Dame and Iowa State (7-10) in the West; North Carolina State-Temple (8-9) in the East; but Creighton-Cincinnati (7-10) in Midwest. Enjoy.

7. This year's Add-Insult-to-Injury game: Kentucky AT Robert Morris U. The Colonials' home gym is Island Sports Center, seating capacity 1,100.

8. College arenas in Kentucky aside, our state has dozens of high school gyms with triple RMU's seating capacity.

9. Jon Hood retrospective. Basketball fans who root for teams at half dozen universities in Kentucky know Hood could have been an effective player "somewhere else."

Retro message is not new, but remains hard truth: A multitude of Kentucky sons have dreamed of playing at Kentucky or Louisville, but those who wanted to play instead of watch, examined scholarship options at other state schools.

10. If the Wizard of Westwood was picking winner of the John R. Wooden college player of the year Award, his choice would be the kid with a 3.7 GPA and Big East Scholar Athlete of the Year, and heart of his team, Peyton Siva at Louisville.

11. College basketball officials did not have a quality year. Most glaring public examples of how officials lacked courage:

✓ Let games become too physical, ever more like the NBA.

✓ Ignored coach box violations which emboldened coaches to violate the box, scream and harass referees all the more.

✓ Hand checks by defenders and push-offs by players on offense. No calls.

Other changes I would like to see:

12. ESPN and networks covering college basketball eliminate the apparent good-buddy and ex-coach system as criteria for choosing game analysts. Particularly ESPN should re-calibrate, try something new like: Put a premium on word economy instead of blitzkrieg. Promote analysts who tell us (quietly) "what time it is," instead of screaming "how to build a watch." (Jimmy Dykes).

Use America's most popular device of the day, a poll. Survey those who listen (and buy products), FANS on their favorites.

Moving on.

13. Tribute to mastery. Vanderbilt coach Kevin Stallings demonstrated (again) how to master Kentucky. The Commodores denied UK an SEC tournament title last year and delivered the last blow to UK's chance to defend its NCAA crown this year.

Clearly inferior to Kentucky talent, Stallings' team played like one and shot the way Kentucky teams used to do. In obvious contrast, John Calipari's pleading, screaming and begging his individuals to be a team never happened.

WORTH REPEATING

DEPT.

E-mail from an angry Kentucky basketball fan.

"This group of individuals (I refuse to call them a team) has no heart, no guts, and are operating under the huge misconception that they deserve an NCAA invitation because they have the name Kentucky across their chests.

"Facts are facts and the fact is this simply is not a very good group of individuals. Perhaps sitting out a year will teach them all, coaches included, what hard work and team play means."

And so it goes.

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BASEBALL/SOFTBALL SEASON OPENS

Two-out runs costly in Pilots 13-11 loss

Taking a look at the final Fulton County box score, following their baseball game last week with South Fulton, implies that the Pilots had posted another win in the books.

Fourteen hits, every player reaching base, and 11 runs on the board. All indicative of a good day on the field.

But what the box score does not show, which ultimately handed the Pilots their second loss of the season, was a total of seven runs scored by South Fulton with two outs, in their last three innings of the game.

"We just could not get out of those innings", said coach Jimmy Jones, following the home game at Coffey Field. "We did what we needed to do on offense. Every player had a hit in the game. How many times does that happen and you don't get the win. There is no doubt those two-out runs cost us the

game".

Jones' analysis seems to hold fact, as the Red Devils took advantage of two out, two strike hits in the fifth and seventh innings, and a bases loaded, two-out error in the sixth inning, to send players across the plate.

The Pilots came out strong in the game, taking a 3-1 lead in the first inning, after Matthew Bodon doubled, followed by Kevin Bodon and Javin West both being hit by a pitch at the plate.

With the bases loaded, Jake Russell and Jarett West each collected base hits to put Fulton County on top.

The lead would not last long, as South Fulton quickly countered with a three-run 2nd inning, and 4-3 advantage.

This score would stand until the 4th inning, when the Pilots rallied for two runs and a 5-4 lead.

The inning began with Will Thompson, and Matthew Bodon collecting base hits, with Thompson crossing the plate when Kevin Bodon reached on an error.

Matthew Bodon later scored the innings other run for Fulton County, when Javin West hit a single to left-center field.

The Red Devils again stretched their lead to 8-5 in the 5th inning, thanks to a Tyler Morris two-RBI base hit with two outs.

Fulton County cut the lead to one run, 8-7, in the bottom half of the frame, with Dylan Eakes and Jarett West crossing the

plate. After South Fulton extended their biggest lead of the game in the 7th inning, 13-7, the Pilots made a last ditch rally to force extra innings.

Matthew Bodon, Kevin Bodon, DeVontae Hampton and pinch runner LaDarian Polk all scored runs in the bottom of the 7th, before the rally was ended.

On the day for Fulton County,

Matthew Bodon was 4-for-5, with two doubles and three runs scored, while Dylan Eakes and Jarett West each collected two hits apiece in the game.

The loss evened the Pilots season record at (2-2), as they now play a three game schedule this week, including a home game against Reidland Thursday and a trip to South Fulton on Friday.



GETTING A HIT - Pilots centerfielder DeVontae Hampton drilled this double, in the fifth inning of their home game against South Fulton. The freshman reached base twice, scored one run, and made two outfield assists for Fulton County on the day.



HOLDING HIM CLOSE - South Fulton's Austin Hazelwood (17) leads off of third base, with the Pilots Kevin Bodon holding him close. Hazelwood had three hits against Fulton County, while Bodon had a big day by reaching base three times and scoring two runs.

LADY PILOTS SOFTBALL TEAM - (At right) The 2013 Roster for the Lady Pilots softball team includes (front row, l to r) Darcy Patrick, Carlee Stafford, Julia Cox, and Carly McNeill; (middle row, l to r) Olivia Wilson, Jessica Mathis, Abby Miller, and Alexis Dickson; and (back row, l to r) Kaitlyn Parker, Jessica Mathews, Linsey Grissom and AnnaGregory Grissom. The ladies are coached by Deann Reed, head coach, and Mat Dillon, assistant coach. The ladies played their first game of the season on Mondayday, March 25 at Carlisle County. Results will be in next week's Courier. (Photo by Charlotte Smith.)

Good Luck
Kaitlyn Parker
Love,
Your Family



Fulton Co. High School 2013 Baseball Schedule	
3/21 .. Reidland	5:00 (V)
3/22 ... So. Fulton	4:30 (V/JV)
3/25 ... Carlisle Co.	5:00 (V)
3/26 .. Carlisle Co.	5:00 (V/JV)
3/28 .. Lake Co.	4:30 ... (V/JV)
4/8 Hickman Co.	4:30 ... (V/JV)
4/9 Hickman Co.	4:30 (V/JV)
4/12 .. Mayfield	5:00 ... (V/JV)
4/13 ... Livingston Central Tourn.	10:00 (V)
vs. Livingston Central	
4/13 ... Livingston Central Tourn.	12:30 (V)
vs. Todd County Central	
4/15 ... All "A" Classic ..	5:00 (V)
vs. Hickman County	
4/18 ... Fulton City	4:30 (V)
4/19 .. Fulton City	4:30 (V)
4/22 .. Christian Fellowship, 5:30	4:30 (V)
4/23 .. Cairo	4:30 (V)
4/25 ... Reidland	5:00 (V)
5/11 .. Ft Campbell DH. ..	1:00 (V)
5/10 ... Mayfield	5:00 (V/JV)
5/20-25 .. 1st District Tournament	TBA (V)
@ Hickman County	
5/27 - 6/1 1st Region Tmny TBA	(V)
Away.. TBA	(V)
@ Brooks Stadium	
Home games in bold	

Fulton Co. High School 2013 Softball Schedule	
3/25 Carlisle Co.	5:00 (V/JV)
3/26 Carlisle Co.	5:00 (V/JV)
4/8 Hickman Co.	4:30 ... (V/JV)
4/9 Hickman Co.	4:30 (V/JV)
4/11 Mayfield	5:00 ... (V/JV)
4/15-20 All "A" Classic	TBA (V)
4/18 Fulton City	4:30 (V/JV)
4/19 Fulton City	4:30 (V/JV)
4/22 Lake Co.	5:00 ... (V/JV)
4/23 Cairo	4:30 (V)
4/25 Mayfield	5:00 (V/JV)
5/11 Ft Campbell DH. ..	1:00 (V)
5/14 Paducah Tilghman ..	5:00 ... (V/JV)
5/20-25 1st District Tmny	TBA (V)
@ Hickman Co.	
5/27 - 6/1 1st Region Tmny TBA	(V)
Home games in bold	



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MOM AND DAD



GOOD LUCK
CAMERON JONES
LOVE,
MOM AND DAD



GOOD LUCK
CAMERON MATHENY
LOVE,
YOUR FAMILY



JAKE
RUSSELL
Hit it out of the park
BEST WISHES
Love,
Mom



JARETT
WEST
BEST WISHES
FOR A
SUCCESSFUL SEASON
Love,
Mom, Dad, and Javin



JAVIN
WEST
Good Luck
This Season
Love,
Mom, Dad, and Jarett



WINNING ATTITUDE - HARD WORK - TEAM PLAY

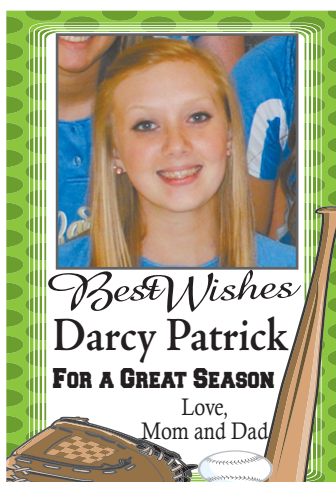
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National Agriculture Day - March 19



Chamber to sponsor a Farmer’s Market in Hickman

The Hickman Chamber of Commerce will be sponsoring a Farmers Market beginning in late Spring. “As soon as local produce becomes available here in Hickman and Fulton County we will sponsor this new opportunity of a Farmer’s Market at this end of the county,” announced Chamber Executive Director Bonnie Poynor. The Chamber board met earlier in the month, making the decision to bring this to the residents of Hickman.

The Farmer’s Market will be located on the parking lot in front of the old laundromat on 7th Street, next to E.W. James and Sons.

“Anyone interested in having a booth, please contact the Chamber office at 270-236-2902,” stated Poynor. “I would love to talk to you about this exciting new venture for the Chamber.” Poynor is available Tuesday, Wednesday and Thursdays from 10 a.m. to 2 p.m.

Area farmers to receive agricultural grants

Last Month the Kentucky Agricultural Development Board (KADB), chaired by Governor Steve Beshear, approved \$505,344 for 22 county agricultural diversification projects across the Commonwealth during its monthly board meeting at the Franklin County Cooperative Extension Office.

State investments approved included:

Energy Incentives - The On-Farm Energy Efficiency & Production Program provides incentives for Kentucky farm families to increase energy efficiency and renewable fuel production. Successful applicants may receive up to 25 percent reimbursement of the actual cost of a qualified energy saving or production project, up to \$10,000 in state funds. Thirteen applicants for the On-Farm Energy Program were approved for a total of \$105,508 in Butler, Fulton (2), Graves (3), Henderson, Hickman (2), Logan, McLean, Monroe and Muhlenberg counties.

In Fulton County Barry Joe Jackson and Lee Roy Harris, Jr., were awarded renewable (solar) farm enterprise grants. Jackson’s grant was for \$5,543 and Harris’ will receive \$10,000.

In Hickman County Dorrill Berry and Farrar Farms both received grants for poultry farm enterprises. Berry’s was in the amount of \$8,838 and Farrar Farms’ in the amount of \$2,316.

Three Graves County farmers also received poultry grants. Heath Poultry Farm and MA Farms received \$10,000 each, while Wallace Farms was granted \$5,742.

Other county investments across the state were also approved last month.

Kentucky Farm Bureau celebrates National Agriculture Day

Kentucky Farm Bureau (KFB) joins farming organizations across the country on March 19 celebratee National Agriculture Day. This date is set aside annually to highlight the many ways America’s food system improves the quality of life for everyone

“The commitment, hard work and innovation of our farmers provides us with a stable supply of high-quality, affordable food,” said KFB President Mark Haney. “National Agriculture Day is an excellent opportunity for all Americans to learn more about the farmers who contribute so much to our nation’s prosperity and quality of life.”

“Just a few generations ago most families in Kentucky were directly connected to farming,” said Haney. “We realize that is not the case today. We need to make sure that all people, and especially our youth, understand the major role that agriculture has in everyday life.”

Kentucky’s economy is strongly supported by agriculture as well. Only four other states have more farms than the 87,000 found in Kentucky, and farming accounts for more than 270,000 jobs statewide. According to recent analysis conducted by the University of Kentucky College of Agriculture, the

Commonwealth experienced record highs in 2012 with \$5.3 billion in farm cash receipts.

Healthy as Kentucky and American ag production is, the amount of exported goods from the U.S. will need to increase even more if global demand for its food and fiber continues at the current pace. It is projected that the world’s population will grow by one-third its current size to an anticipated 9 billion people by the year 2050. With that kind of rapid growth, full support of the country’s agricultural producers is needed.

“Feeding people has always been the central role of farmers,” said Haney, “but feeding a growing world population while the amount of farmland is simultaneously shrinking is a real challenge. Appreciating, understanding and partnering with the ag community will be necessary at all levels of society if we are to meet these increasing demands.”

“Agricultural education should not just be for those who choose to pursue farming or agribusiness as a career,” concluded Haney. “A broader understanding of agriculture leads naturally to a greater appreciation of the safe and abundant food supply we have all come to enjoy.”

Fun Facts: About the Food We Eat

These are some fun food facts about two foods we eat that are green and many have a love/hate relationship with, in honor of Agriculture month. This array of facts are concerned with trivial and not-so-trivial information about these two green foods. Which is your favorite one to eat?

Green Greek Goddess

- The name asparagus comes from the Greek language and means “sprout” or “shoot.”
- Asparagus is a member of the Lily family.
- Asparagus is related to onions, leeks, and garlic.
- One of the most popular varieties of green asparagus is named after Martha Washington, the wife of George Washington.
- California grows about 705 of all the asparagus grown in the United States.
- More than 50,000 tons of asparagus are grown in California every year.

Broccoli Basics

- We are eating 900% more broccoli than we did 20 years ago.
- In 1970, consumption of broccoli was only a half a pound per person. Today, the average person in the United States eats four and one half pounds a year.
- In the United States, broccoli was probably first grown by immigrants from Italy in home gardens in Brooklyn, New York. In 1923, a group of Italian vegetable farmers in Northern California started to grow broccoli commercially and in a few years they were shipping fresh broccoli to Boston and New York.



STORY TIME - Penny Fleming (in the back) read to both fourth grade classes at Fulton County Elementary School on Friday, March 15 in conjunction with Ag Day, March 19. Students from Mrs. Ashley Reid’s class (back row, l to r) Nia Thomas, Hailee Edgin, Charleigh Yates, Gavin Burnes, Amire Hobbs, Ian Lucy, Broc Bridges, Austin Adams, John Davis Swain, Tyler Love, Hayden Murphy, and Destiny Wiley; and (front row, l to r) Cabreisha Jackson, Issac Cornett, Mason Russom, Blake Edwards, Deivyn Turner, Callie Coulson, Josh Bell, Greyson Grissom, and Hunter Woods. (Photo by Charlotte Smith.)

Kentucky Farm Bureau scholarships available

The Kentucky Farm Bureau Education Foundation is now accepting applications for three unique scholarship opportunities. Applications for the following scholarship programs may be accessed on Farm Bureau’s website at: kyfb.com/scholarships.

Paul D. Everman Fund for Lifetime Learning Scholarship

This scholarship, worth up to \$3,000, for a non-traditional student is awarded to an adult Farm Bureau member who plans to continue undergraduate studies at an accredited Kentucky college or university.

Louis F. Ison Memorial Scholarship

The Louis F. Ison Scholarship is for a full-time graduate student pursuing a degree at the University of Kentucky College of Agriculture. The recipient will receive a scholarship of \$1,000.

Young Farmer Scholarship

For 2013, a \$2,000 and a \$1,000 scholarship will be awarded to two current college or technical/vocational school students. Applicants must be between the ages of 18-35 years old.

For a complete list of rules and eligibility requirements, please refer to the specific scholarship applications. Please note applications for these three scholarship programs must be **postmarked by April 26, 2013**. Scholarship recipients will be notified by May 17.




FULTON COUNTY FFA COMPETES - Fulton County FFA members who competed in last week’s Purchase Region FFA Day include: Courtney Watts, Jeremiah Bagley, Bethany Sturgeon, Ronieka Blair, Annagrace Ligons, Cody Collins, Jessica Mathis and Dixie Major. (Photo submitted.)


Fulton County FFA shines in competition

The Fulton County FFA participated in the Purchase Region FFA Day on Monday, March 11 on the campus of Murray State University. The chapter was well represented in seven Impromptu speaking competitions and the FFA Quiz contest. Justin Suttles, FFA sponsor at Fulton County, is proud to announce that Annagrace Ligons, a freshman at FCHS, placed second in the Horse Impromptu Speaking competition and will represent the school and region at the State Impromptu speaking competition on June 11 at the State FFA Convention in Lexington, Ky. Those who competed in the March 11 events are to be congratulated for their success and are include in the below list:

Area	FFA Member	Ranking
Crop Impromptu	Cody Collins	Excellent
FFA Quiz	Jeremiah Bagley	Excellent
Floral Impromptu	Courtney Watts	Excellent
Fruit and Vegetable Impromptu	Dixie Major	Superior
Horse Impromptu	Annagrace Ligons	Superior – 2nd place overall
Small Animal Impromptu	Ronieka Blair	Excellent
Swine Impromptu	Jessica Mathis	Superior
Turn and Lawn Care Impromptu	Bethany Sturgeon	Superior



The National FFA Organization (formerly Future Farmers of America) envisions a future in which all agricultural education students will discover their passion in life and build on that insight to chart the course for their educations, career and personal future.



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